

## Summary of the review:

### **In adults, what are the associations between intake of sugar-sweetened beverages and energy intake and body weight?**

To examine the relationships between added sugars and energy intake and body weight in adults, the Carbohydrate and Protein Subcommittee (SC) conducted a search from January 1990 to December 2009. The original search for this question was broad and included terms such as ‘added sugars,’ ‘dietary sucrose,’ ‘candy’ as well as various terms for sugar-sweetened beverages. However, few studies were identified that looked at added sugars other than sugar-sweetened beverages; thus, sugar-sweetened beverages were the focus of this review. The SC included systematic reviews and primary research studies in the Nutrition Evidence Library (NEL) review. Because studies with stronger methodology were available in 2010, the SC excluded cross-sectional studies. However, some of the systematic reviews included in the NEL systematic review considered cross-sectional studies. The SC included systematic reviews with cross-sectional studies; however, they considered study design in their review of these papers. The relationship between the intake of sugar-sweetened beverages and childhood adiposity is addressed in a separate question in the Childhood Adiposity topic of the *Energy Balance and Weight Management* section.

### **How are non-caloric sweeteners related to energy intake and body weight?**

Non-caloric sweeteners was not considered in previous iterations of the DGAC report. The review of non-caloric sweeteners was an update to a previous systematic review conducted by the American Dietetic Association’s Evidence Analysis Library on non-caloric sweeteners and energy intake and body weight. The ADA review addressed literature published from January 1985 through March 2006, and the Committee updated this search from March 2006 to present.

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#### **Systematic Review Questions:**

 [In adults, what is the association between intake of sugar-sweetened beverages and energy intake? \(DGAC 2010\)](#)

 [In adults, what is the association between intake of sugar-sweetened beverages and body weight? \(DGAC 2010\)](#)

 [How are non-caloric sweeteners related to energy intake and body weight? \(DGAC 2010\)](#)